

Energy Expansion

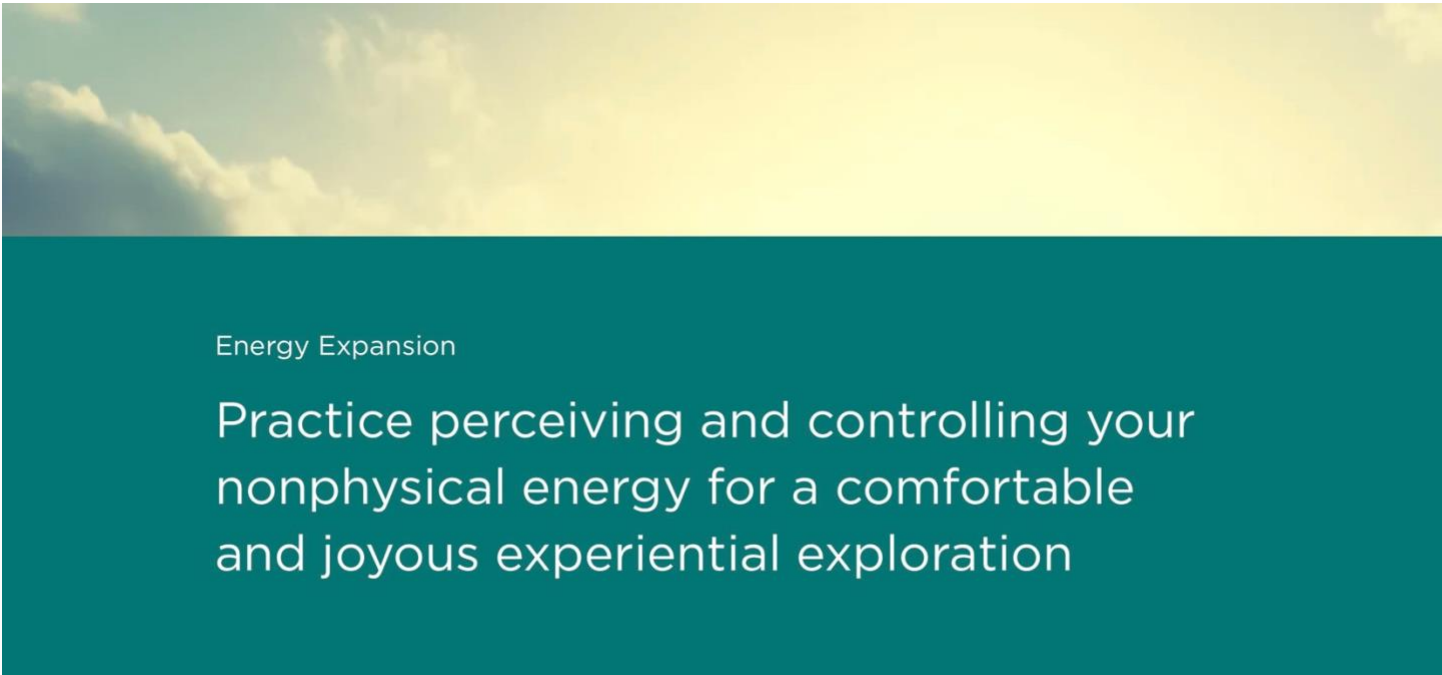
ONLINE COURSE



Energy Expansion

Online

2022 Website Program Description



Energy Expansion

Practice perceiving and controlling your nonphysical energy for a comfortable and joyous experiential exploration

Details and Cost

Online Program

\$275.00

Prerequisites

[Beyond Meditation](#)
[Exploring Consciousness](#)
[Excursion Workshop](#)
[Gateway Experience](#)
[Gateway Voyage](#)
[Gateway Voyage Virtual Retreat](#)

Only one of the prerequisites above is required

During the Energy Expansion (Freedom, Wave III) online program you will continue to develop, explore and experience expanded states of consciousness. Enjoy Monroe's Focus 10 and Focus 12 exercises developed specifically to make the methods for perceiving and controlling your non-physical energy a comfortable and joyous experience. Explore out-of-body techniques and remote viewing.

This program empowers you to experience deep, targeted states of consciousness. Through participation in this program you have the potential to:

- Expand your perception
- Develop greater present time focus
- Sharpened awareness of synchronicities
- Explore the out-of-body state and other energy systems
- Gain a deeper understanding of yourself

Energy Expansion is offered in an online Moodle classroom

It is taught in using Wave III "Freedom". This course is intended to be completed in two weeks. You can, however, adjust the schedule to meet your needs.

A trainer will support your questions through a weekly 1-hour video conference

Through online discussion and shared experience, you will be part of a collaborative learning community. A knowledgeable and skilled Monroe trainer will be your guide throughout the program as you learn to use new tools for deeper levels of meditation and self-discovery.

Experience the power of Monroe Sound Science and Hemi-Sync® audio guidance technology. Learn tools and techniques that allow you to quickly and easily enter into expanded states of awareness.

Embark upon an odyssey of self-discovery!

- **Wave III Freedom** - Learn more about Focus 10 and Focus 12 exercises developed specifically to make the methods for perceiving and controlling your nonphysical energy

Course Materials and Enrollment

The course fee does NOT include the course materials. You may purchase the audio exercises [Wave III](#) separately from our store.

Once you've purchased your Energy Expansion online course, you'll receive instructions for completing your program application, creating your Moodle account and the program schedule.

Maximum enrollment, 30 students

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.



Trainer Facilitation

Throughout the course a Monroe trainer will be there to answer your questions and support and guide you through the program.



Learn Valuable Tools

Explore, navigate and use the non-physical aspects of your own higher consciousness.